



WPI

The Healthy Lifestyle Education Program

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The Problem

The lack of nutrition knowledge in early adolescents contributes to high rates of obesity.

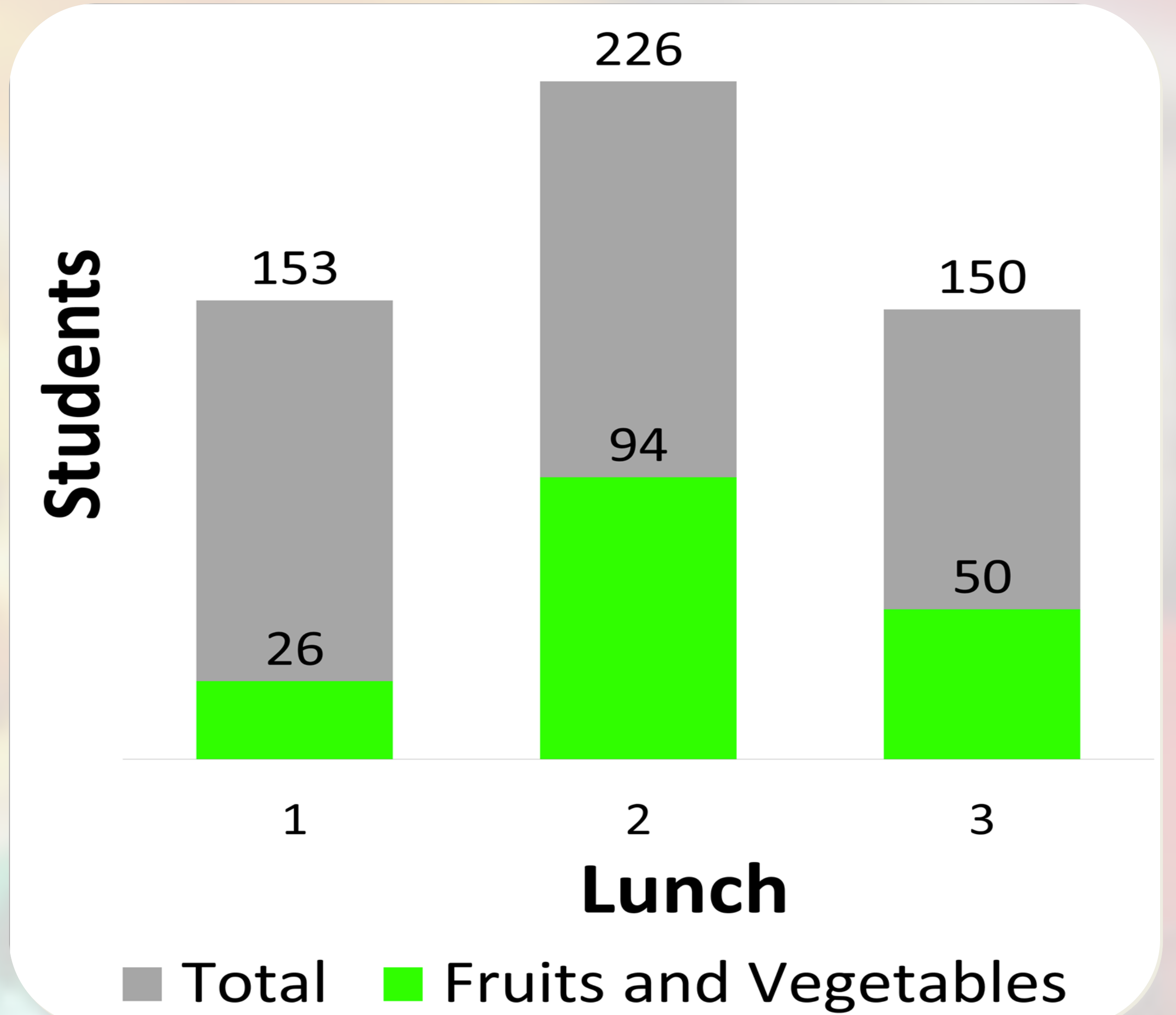
The Solution

Interactive class once a week
Education on:

- Food Choices
- Portion Sizes
- Creative Exercises
- Healthy Life Decisions

Cooperate with parents in households
Demonstrates benefits for living health

Worcester East Middle School Lunch Data



Cause

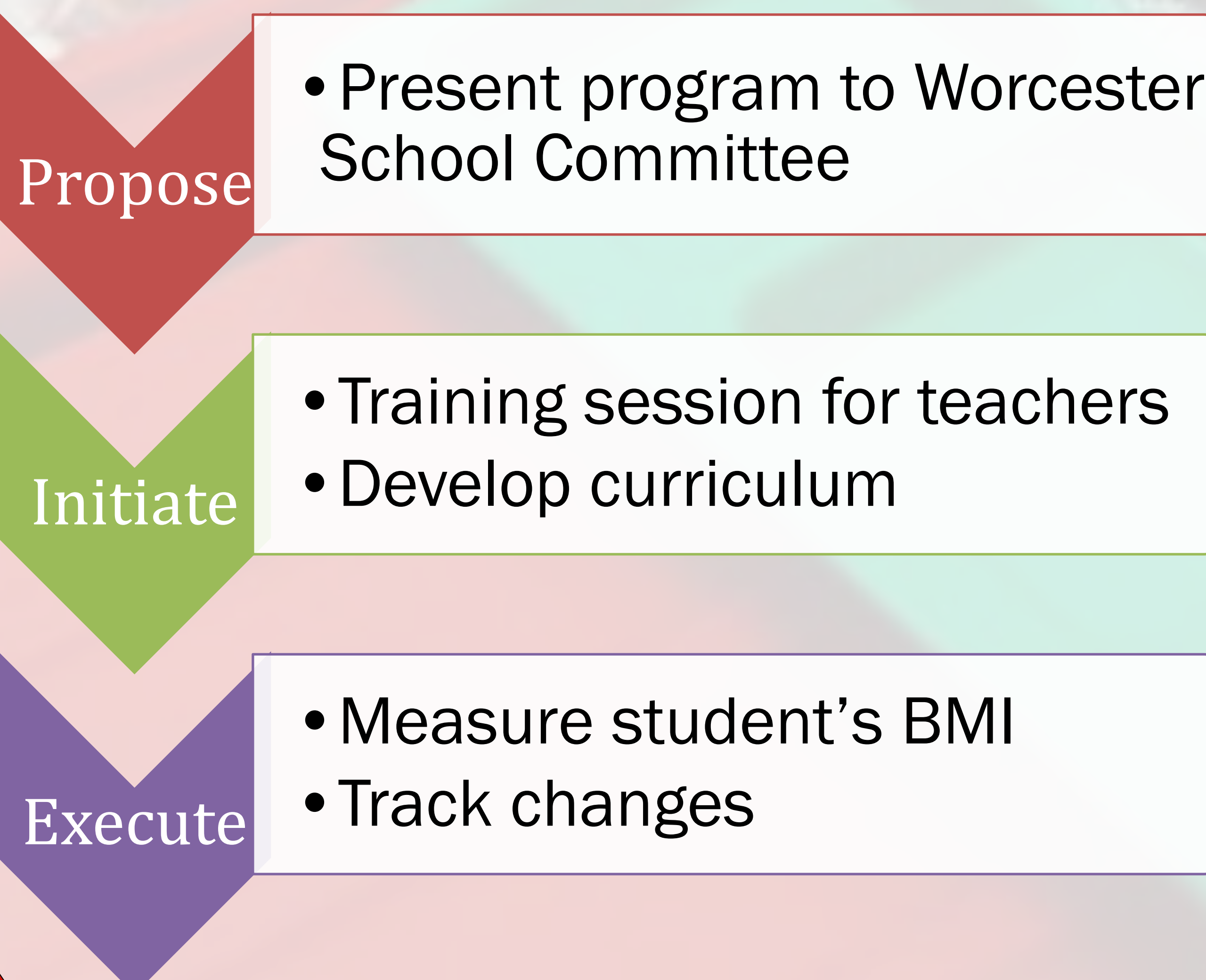
- Family habits
- Cost of eating healthy
- Public School Lunches



Effect

- 38.8% of children who consume school lunches are obese
- 35.7% of adults are obese

The Plan



Benefits & Costs

- Reduce Massachusetts obesity to under 30%
- BMI reduction by 5%
- Estimated total cost: \$1,000

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